



Join Our Energizing Before School Program at  
Vista La Mesa Academy!  
**"Cheetah's Mileage Club"**

Vista La Mesa Academy is committed to fighting off obesity by encouraging your children to join the "Cheetah's Mileage Club" from 7:50-8:10 in the morning. Families are encouraged to join your children! We are very excited to kick off the club on Monday, September 9th at 7:50 a.m. We have some fun rewards for those students who participate. However, our major goal is to increase fitness and share in the joy of exercising together! The club is free and benefits everyone.

**Volunteers Needed!** For the Mileage Club to run smoothly and be successful for our students and community, we need volunteers! Help is needed in the following areas:

- punch lap cards
- write names on new cards
- give prizes as benchmarks are met
- supervise the field
- set up and take down materials

PLEASE MEET ME AT THE FIELD EVERY MORNING YOU CAN HELP. THIS PROGRAM IS ONLY SUCCESSFUL WITH THE HELP OF MANY VOLUNTEERS.

Remind your students of the following rules:

1. Stay on dirt track at all times.
2. Stay off of grass, ramps, blacktop, walls and all equipment.
3. When you're on the field, you must be moving (walking, jogging, or running)- no standing around having conversations with others).
4. Only use encouraging and kind words.
5. Watch out for little ones!

Thank you for your support & start walking!

Karen Henry: Mileage Club Coordinator